



# EARLY MOVERS

New early years resource to help  
under-5s live active and healthy lives



**FIGHT  
FOR EVERY  
HEARTBEAT**

[bhf.org.uk](http://bhf.org.uk)

The British Heart Foundation (BHF) has a new early years physical activity guide. Early movers is designed to help early years practitioners plan and organise physically active play environments for children under five.

Written and collated by the BHF National Centre for Physical Activity and Health, this guide is relevant to all settings who provide care to children from birth up to the age of five.



## What's included?

The Early movers pack (order code G609) includes:

- seven booklets for early years practitioners to help plan, organise and deliver physical activity with the under-5s
- one copy of Help your baby move and play every day and Help your child move and play every day leaflets for parents
- one height chart
- stickers
- six Early movers posters

Early movers introduces physical activity in the early years and gives information and ideas on planning and organising provision as well as practical activities and getting children, parents and carers involved.

For further information about Early movers visit [www.bhfactive.org.uk](http://www.bhfactive.org.uk)

To order your copy of the pack, please call the BHF Orderline (quoting order code G609) on 0870 600 6566, email [orderline@bhf.org.uk](mailto:orderline@bhf.org.uk) or visit: [bhf.org.uk/schools](http://bhf.org.uk/schools)

All our resources are free of charge, we do however invite donations so we can continue our life saving work. Suggested donation for Early movers pack is £15